

EARLY CHILDHOOD

Baby & Me

This class is designed for new parents who want to meet others with a child or children the same age. When a new child is added to the family there are many adjustments for everyone. During our time together parents will be able to get their questions answered while playing, singing and interacting with their precious baby. Parents will receive information, support and reassurance that what you are going through is normal. Dress comfortable as we will be sitting on the floor. A \$12 supply fee is due to the instructor on the first day of class.

Calavera Hills Community Center: Meeting Room 2

Instructor: Marla Elliott **Age: 1M - 6M**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33787	12:00-1:00pm	M	Sep 10-Oct 22	6c	\$69/\$79
33788	12:00-1:00pm	M	Oct 29-Dec 17	6c	\$69/\$79

Cooking with Preschoolers

Children and parents (or grandmothers/caregivers) will participate together to learn basic cooking skills. With cooking comes learning to count, basic fractions and learning about various shapes. We will prepare simple food items. Please bring an apron. A materials fee of \$18 is due to the instructor on the first day of class.

Calavera Hills Community Center: Kitchen

Instructor: Julie Simpson **Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33793	10:00-11:00am	Th	Oct 4-25	4c	\$50/\$60
33794	9:30-10:30am	Th	Nov 1-15	3c	\$38/\$48
33795	11:00am-12:00pm	Th	Nov 1-15	3c	\$38/\$48

Creative Arts For Kids

'It's the process, not the product!' Children will learn through a variety of mediums (paint, glue, paper, clay, etc.) how to express their own unique talents. Parent participation is required. Children can choose to participate as much or as little as they wish and the resulting 'masterpieces' are their own. A \$10 supply fee is due to the instructor the first day of class.

Calavera Hills Community Center: Meeting Room 1

Instructor: Jan St. Marie **Age: 2Y - 4Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33796	9:00-10:00am	F	Sep 14-Oct 19	6c	\$55/\$65
33797	9:00-10:00am	F	Nov 2-Dec 14	6c	\$55/\$65

Stagecoach Community Center: Meeting Room 1

Instructor: Jan St. Marie **Age: 2Y - 4Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33798	9:00-10:00am	Tu	Sep 11-Oct 16	6c	\$55/\$65
33799	9:00-10:00am	Tu	Oct 30-Dec 11	6c	\$55/\$65

Grown Up & Me Class

This class is designed to promote socialization and learning through play for children ages 2 to 5 along with a significant adult in their life. Learn how your child's brain develops and how to get your child ready for the academic world through art, music, movement, simple games and other home made toys. The adults will have a chance to meet others and ask questions about raising children during these challenging times. Dress yourself and your child in comfortable clothes that can get dirty. Be prepared to get messy and have a great time. A \$12 supply fee is due to the instructor on the first day of class.

Calavera Hills Community Center: Meeting Room 2

Instructor: Marla Elliott **Age: 2Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33789	10:30-11:30am	M	Sep 10-Oct 22	6c	\$69/\$79
33790	10:30-11:30am	M	Oct 29-Dec 17	6c	\$69/\$79

Mini Doodlers

Our Mini Doodlers learn about art, artists, techniques and styles to create their own framed masterpieces each week. Children develop their creativity through carefully designed lessons that ignite the imagination and build skills. Children create works of art that are truly unique using real artists' materials; including watercolors, tempera paints, oil pastels, modeling compounds, and more. Come join in the fun, laughter and learning with brand new lessons every session.

Magee Park: Heritage Hall

Instructor: Abrakadoodle **Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33875	10:00-10:45am	Th	Sep 13-Oct 18	6c	\$69/\$79
33876	10:00-10:45am	Th	Nov 1-Dec 13	6c	\$69/\$79

Stagecoach Community Center: Meeting Room 1

Instructor: Abrakadoodle **Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33873	10:00-10:45am	M	Sep 10-Oct 22	6c	\$69/\$79
33874	10:00-10:45am	M	Oct 29-Dec 10	6c	\$69/\$79

Music Moves

Music Moves is an exciting program that encourages the development of the whole child through music. Research based and includes: singing, dancing, finger plays, creative movement and instrument play! Come join us and participate in an experience that is both educational and fun! Great for the entire family! 'Sibling Saver' A \$10 rebate check for each additional sibling enrolled will be issued by the instructor on the first day of class.

Calavera Hills Community Center: Activity Room

Instructor: Lisa Megrditchian **Age: Up to 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33803	9:00-9:45am	F	Sep 14-Oct 19	6c	\$85/\$95
33804	9:00-9:45am	F	Nov 2-Dec 14	6c	\$85/\$95
33800	10:00-10:45am	F	Sep 14-Oct 19	6c	\$85/\$95
33805	10:00-10:45am	F	Nov 2-Dec 14	6c	\$85/\$95
33806	11:00-11:45am	F	Sep 14-Oct 19	6c	\$85/\$95
33807	11:00-11:45am	F	Nov 2-Dec 14	6c	\$85/\$95

Senior Center: Dance Studio

Instructor: Lisa Megrditchian

Age: Up to 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33808	5:15-6:00pm	W	Sep 12-Oct 17	6c	\$85/\$95
33809	5:15-6:00pm	W	Oct 31-Dec 5	6c	\$85/\$95
33801	6:15-7:00pm	W	Sep 12-Oct 17	6c	\$85/\$95
33810	6:15-7:00pm	W	Oct 31-Dec 5	6c	\$85/\$95

Stagecoach Community Center: Activity Room

Instructor: Lisa Megrditchian

Age: Up to 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33811	10:45-11:30am	M	Sep 10-Oct 22	6c	\$85/\$95
33812	10:45-11:30am	M	Oct 29-Dec 10	6c	\$85/\$95
33813	11:45am-12:30pm	M	Sep 10-Oct 22	6c	\$85/\$95
33814	11:45am-12:30pm	M	Oct 29-Dec 10	6c	\$85/\$95
33815	10:45-11:30am	Tu	Sep 11-Oct 16	6c	\$85/\$95
33816	10:45-11:30am	Tu	Oct 30-Dec 4	6c	\$85/\$95
33802	11:45am-12:30pm	Tu	Sep 11-Oct 16	6c	\$85/\$95
33817	11:45am-12:30pm	Tu	Oct 30-Dec 4	6c	\$85/\$95

My First Art Class

For the truly beginner artist! This is a special art class for toddlers and parents (or their helpers). Little fingers experiment with painting, gluing, sticking, printing, sculpting and creating while developing fine motor, language, and self-help skills. Each class introduces a new artist or art technique and each child leaves with a framed piece of art. This is an 'I can do it' class that is fun and creative. Parents and helpers get to play too!

Magee Park: Heritage Hall

Instructor: Abrakadoodle

Age: 2Y - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33871	9:00-9:45am	Th	Sep 13-Oct 18	6c	\$69/\$79
33872	9:00-9:45am	Th	Nov 1-Dec 13	6c	\$69/\$79

Stagecoach Community Center: Meeting Room 1

Instructor: Abrakadoodle

Age: 2Y - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33869	9:00-9:45am	M	Sep 10-Oct 22	6c	\$69/\$79
33870	9:00-9:45am	M	Oct 29-Dec 10	6c	\$69/\$79

Pre-School Drawing

Creative youngsters discover the world of art in this introductory drawing class which features a variety of drawing techniques each session. Children will use pencils, crayons, and markers as they learn new drawing techniques. The program also develops focus, listening skills, spatial organization, patience and confidence. Experience the power of the drawing! All new lessons each session. All materials provided. A \$12 materials fee is due to the instructor on the first day of class.

Calavera Hills Community Center: Meeting Room 1

Instructor: Sarah Yasukochi

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33818	10:30-11:15am	F	Sep 14-Oct 19	6c	\$59/\$69
33819	10:30-11:15am	F	Nov 2-Dec 14	6c	\$59/\$69

Stagecoach Community Center: Meeting Room 1

Instructor: Sarah Yasukochi

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33820	10:45-11:30am	M	Sep 10-Oct 22	6c	\$59/\$69
33821	10:45-11:30am	M	Oct 29-Dec 10	6c	\$59/\$69

Preschool Karate

Preschoolers will learn the basic kicks, punches, blocks and stances of Shorin-Ryu style Karate. Karate will help develop motor skills, balance and coordination. This class makes karate fun to learn by using props and preschool learning techniques. Children will be taught to make good choices, listen and follow directions. Wear comfortable clothing. Karate uniform is optional.

Calavera Hills Community Center: Activity Room

Instructor: Leah Sneed

Age: 2Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33877	9:30-10:15am	W	Sep 12-Oct 17	6c	\$65/\$75
33878	9:30-10:15am	W	Oct 31-Dec 5	6c	\$65/\$75

Stagecoach Community Center: Activity Room

Instructor: Leah Sneed

Age: 2Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33879	10:30-11:15am	Th	Sep 13-Oct 18	6c	\$65/\$75
33881	10:30-11:15am	Th	Nov 1-Dec 13	6c	\$65/\$75

Spanish for Preschoolers

Now is the perfect time for your child to start learning Spanish! At this young age your child can learn Spanish as well as English and be on the path to becoming bilingual! This class is a fun and energetic way for your child to learn Spanish through music, stories, crafts, games and movement. Age appropriate vocabulary and conversation will be taught. This is a **parent participation** class: the adult does not need any prior knowledge of Spanish. A \$15 materials fee for a workbook is due to the instructor on the first day of class. Please see page 63 for Elementary age Spanish classes.

Calavera Hills Community Center: Activity Room

Instructor: Lorraine Wilson

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33822	11:00-11:45am	Tu	Sep 11-Oct 16	6c	\$72/\$82
33823	11:00-11:45am	Tu	Oct 30-Dec 4	6c	\$72/\$82

Stagecoach Community Center: Activity Room

Instructor: Lorraine Wilson

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33828	11:45am-12:30pm	W	Sep 12-Oct 17	6c	\$72/\$82
33829	11:45am-12:30pm	W	Oct 31-Dec 5	6c	\$72/\$82

Spanish for Toddlers

Now is the perfect time for your child to start learning Spanish! At this young age your child can begin learning Spanish at the same time as English and be on the path to becoming bilingual! This class is a fun and energetic way for you and your child to learn Spanish through music, stories, crafts, games and movement. Age appropriate vocabulary and conversation will be taught. This is a **parent participation** class: the adult does not need any prior knowledge of Spanish. A \$5 materials fee for a workbook is due to the instructor on the first day of class. Please see page 63 for Elementary age Spanish classes.

Calavera Hills Community Center: Activity Room

Instructor: Lorraine Wilson

Age: 1Y - 2Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33824	10:00-10:45am	Tu	Sep 11-Oct 16	6c	\$72/\$82
33825	10:00-10:45am	Tu	Oct 30-Dec 4	6c	\$72/\$82

Stagecoach Community Center: Activity Room

Instructor: Lorraine Wilson

Age: 1Y - 2Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33826	10:45-11:30am	W	Sep 12-Oct 17	6c	\$72/\$82
33827	10:45-11:30am	W	Oct 31-Dec 5	6c	\$72/\$82

The Power of Positive Parenting

Being a good parent is one of the hardest jobs out there. Join Parent Coach, Marla Elliott, for a two-hour workshop to learn practical techniques you can take home that night. Learn positive and empowering skills as Marla answers all your questions and gives you convenient ways to handle the everyday challenges of raising children in our hectic world. Marla has 30 years experience as an early childhood educator, teacher, trainer and parent coach and is a parent herself.

Magee Park: Granary

Instructor: Marla Elliott

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33867	6:30-8:30pm	M	Oct 15	1c	\$50/\$60
33868	7:00-9:00pm	M	Nov 26	1c	\$50/\$60

Waddler's & Me

This weekly class is designed for children who are crawling, scooting, waddling or are starting to move and are ready to explore the world through hands on activities with a significant adult in their life. Through games, music, finger play and assorted creative toys we will engage these children to develop their social language, physical, emotional, cognitive and self-help skills. Dress yourself and your child in comfortable clothes that can get dirty. Be prepared to crawl on the floor and have a ball of fun. A \$12 supply fee is due to the instructor on the first day of class.

Calavera Hills Community Center: Meeting Room 2

Instructor: Marla Elliott

Age: 6M - 2Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33791	9:00-10:00am	M	Sep 10-Oct 22	6c	\$69/\$79
33792	9:00-10:00am	M	Oct 29-Dec 17	6c	\$69/\$79

FITNESS

To read more about our Fitness classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Carlsbad Bootcamp ♥

Join us for a high intensity sports conditioning and cardio workout. All levels are welcome. Activities include warm-ups, jumping jacks, push-ups, sit-ups, lunges, squats, exercise drills, cool-down and stretching. You will feel worked out and alive! Eat something light and nutritious 1-2 hours before class and bring water and a towel. Drop-ins \$15.

Magee Park: Grass Area

Instructor: Michelle Szames

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33915	9:30-10:30am	Tu/Th	Sep 11-Oct 18	12c	\$90/\$100
33916	9:30-10:30am	Tu/Th	Oct 30-Dec 11	12c	\$90/\$100

Core, Cardio and Resistance ♥

This 50-60 minute workout combines the key elements of fitness: Core Stability, Resistance Training and Cardio Respiratory Training. We begin each class with a full body stretch and warm up. Next, we do several lifts and exercises that target the major muscle groups of your upper and lower body using dumbbells, resistance bands, and stability balls (all equipment provided). In between each lift we focus on abdominal and core work. By alternating resistance and core training, we maintain an aerobic heart rate and increase your metabolism and lean muscle mass. We finish with a cool down and you're out the door. You do not need to do it on your own! Come to our class to tone, shape and sculpt your body, meet new friends and get the professional training you need to reach your ultimate fitness goals! Drop-in fee is \$8.

Stagecoach Community Center: Activity Room

Instructor: Steve Malfatto

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33895	8:00-9:00am	Tu/Th	Sep 11-27	6c	\$30/\$40
33912	8:00-9:00am	Tu/Th	Oct 2-25	8c	\$40/\$50
33913	8:00-9:00am	Tu/Th	Nov 1-29	8c	\$40/\$50
33914	8:00-9:00am	Tu/Th	Dec 4-27	7c	\$35/\$45

Fall Trail Blast Fitness Program ♥

Back by popular demand, this free fitness program offered on four consecutive Saturdays in September ending on National Public Lands Day. All events will begin at 8 am.

Join professional fitness trainer, Jerry Strybos of Solid Fitness as he leads participants through a warm-up routine, then embark on an invigorating walk, run or hike. Receive tips on how to stay motivated and make the most out of your trail workout. Participants will receive a stamp on a Trail Blast 'reward card' each time they participate. Those who complete all 4 events will receive a special gift.

The final Trail Blast date coincides with National Public Lands Day and will be combined with a clean up of the Sherman Property.

Visit www.carlsbadca.gov/trails for maps and information on Citywide trails. Remember to bring water and sunscreen and be